

Kincare Connection

VOLUME 24

MAY 2013

Relatives and Grandparents as Parents: By The Numbers

Nationally:

- ♦ **2.7 million**—The number of grandparents responsible for the basic needs of one or more grandchildren under 18 living with them in 2010.
- ♦ **1.7 million**—The number of grandparents responsible for grandchildren who were in the labor force.
- ♦ **670,000**—The number of grandparents who had a disability and were responsible for their grandchildren.
- ♦ **5.4 million**—The number of children under 18 living with a grandparent householder in 2010. (This is now estimated to be near 6 million.)



- ♦ **10%** —Percentage of children in the U.S. living with a grandparent in 2010, totaling 7.5 million.
- ♦ **54** — The average age of grandparents raising their grandchildren.
- ♦ **25%** — The approximate percentage of children in foster care living in the care of relatives.

In Idaho:

- ♦ **23,000**—The number of children living in kincare families.
- ♦ **40.1%** — Percentage increase of households in which grandparents were raising grandchildren from 2000 to 2012.



- ♦ **60%** — Percentage of kincare caregivers in Idaho who are grandparents raising grandchildren.
- ♦ **1,301**—The number of families receiving Temporary Assistance for Needy Families in 2003, although there were over **ten times** as many eligible households.

Sources: Idaho Commission on Aging.; Casey Foundation; Sandra Bailey, Montana State University; www.idahokidscount.org; U.S. Census Bureau; 2012 American Community Survey; <http://richmondregister.com/localnews/>

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Grandparents-raising-grandchildren-find-support-resources-at-conference

This newsletter is brought to you by the Area Agency on Aging. For more information on services and resources offered at the AAA contact:

Sandy Guidinger
(208) 233-4032 Ext.



Community Resource Spotlight: Idaho Parents Unlimited



Idaho Parents Unlimited, Inc. (IPUL) is a statewide organization which houses the Idaho Parent Training and Information Center, the Family to Family Health Information Center, Idaho Family Voices, the Creative Access Art Center and VSA Idaho, an affiliate of VSA, the international organization on arts and disability.

The Parent Training and Information Center ensures that parents of children with disabilities receive training and information on their rights, responsibilities, and protections under the Individuals with Disabilities Education Act (IDEA) in order to develop the skills necessary to cooperatively and effectively participate in planning and decision making relating to early intervention, educational, and transitional services. As the State Family Voices Affiliate and the Family to Family Health Information Center, IPUL assists families in making informed choices about health care and provides training, information and resources to families of children with special health care needs.



Programs include parent training workshops, support group meetings, exhibits and educational classes. Individuals can also call a Parent Education Coordinator for assistance one on one about a specific issue they need assistance with. The Creative Access Art Center and the programs at Idaho Parents Unlimited fulfill a mission to educate, empower, support and advocate for individuals with disabilities and their families.

For more information, contact Lana Gonzales, Parent Education Coordinator, East Idaho, at lane@ipulidaho.org or (208) 342-5884.

The Idaho Kinship Project is looking for volunteers to participate in a video project. We are looking for families willing to share their stories and experiences with raising relatives. We are planning on creating several short videos



for an Idaho Kinship Project YouTube channel. The goal is to have the videos to be both a resource for kincare families and a tool to raise general awareness about kincare. **If you are interested, please contact Tricia at bonmanp@dhw.idaho.gov or 235-2809. We would love to hear your story. Thank you!**

Skin Cancer Awareness Month

Skin cancer is a life-style disease. One in five Americans will develop skin cancer in the course of a lifetime; 13 million Americans are living with

a history of nonmelanoma skin cancer, and nearly 800,000 Americans are living with a history of melanoma, the most dangerous form of skin cancer. But there is good news: because skin cancer is chiefly lifestyle disease, it is also **highly preventable**.

"About 90 percent of nonmelanoma skin cancers and 65 percent of melanoma cases are associated with exposure to ultraviolet (UV) radiation from the sun," says Perry Robins, MD, President of The Skin Cancer Foundation. "Everyone, regardless of skin color, should make staying safe in the sun a priority and incorporate sun protection measures into their daily life."

Reduce Your Skin Cancer Risk:



Seek the shade, especially between 10 AM and 4 PM when the sun is strongest. An extra rule of thumb is the "shadow rule." If your shadow is shorter than you are, the sun's harmful UV radiation is stronger; if it is



longer, radiation is less intense.

Do not burn. Risk for melanoma doubles a person has had five or more sunburns at any point in life.

Avoid tanning and UV tanning booths. UV radiation from tanning machines is known to cause cancer, and the more time a person has spent tanning indoors, the higher the risk. Those who make just four visits to a tanning salon per year can increase their risk for melanoma by 11 percent, and their risk for the two most common forms of skin cancer, basal cell carcinoma and squamous cell carcinoma, by 15 percent.

Cover up with clothing, including a broad-brimmed hat and UV-blocking sunglasses. Clothing can be your most effective form of sun protection, so make the most of it with densely woven and bright-or dark-colored fabrics, which offer the best defense. The more skin you cover, the better.

Use a broad spectrum (UVA/UVB) sunscreen with an SPF of 15 or higher every day. For extended outdoor activity, use a water-resistant, broad spectrum (UVA/UVB)



Skin Cancer Screening

Idaho Skin Institute, 147 W. Chubbuck Road. The first Tuesday of every month from 5pm–7pm.

sunscreen with an SPF of 30 or higher.

Apply 1 ounce (2 tablespoons) of sunscreen to your entire body 30 minutes before going outside. Re-

apply every two hours or immediately after swimming or excessive sweating.

Keep newborns out of the sun. Sunscreens may be used on babies over the age of 6 months, but they should also be protected by shade and clothing. Children are very sensitive to ultraviolet radiation—just one severe sunburn in childhood doubles the chances of developing melanoma later in life.



Examine your skin head-to-toe every month. While self-exams shouldn't replace the important annual skin exam performed by a physician, they offer the best chance of detecting the early warning signs of skin cancer. If you notice any change in an existing mole or discover a new one that looks suspicious, see a physician immediately.

See your physician every year for a professional skin exam.

Source: <http://www.skincancer.org/news/announcements/skin-cancer-awareness-month-2012>

Questions about your child's development?

INFANT & TODDLER DEVELOPMENTAL SCREENING

The Idaho Infant Toddler Program is conducting a **FREE** developmental screening clinic for children birth to 3 years old.



WHERE: Human Development Center, 421 Memorial Drive, Pocatello

WHEN: Thursday, May 16, 9:00 am – 3:00 pm

Call Hollie Gneiting at 904-0861 for an appointment.



Children will be screened for vision, physical coordination, self-help, social skills, learning, hearing, and speech/language.



South Eastern Idaho
Community Action Agency
Helping People. Changing Lives.

Free Summer Camp 3rd Grade–8th Grade (ages 7-14)



SEICAA is offering a one-day educational summer camp filled with fun activities that teach our youth ways to save energy, be financially smart for the future and learn simple nutritional habits for healthy living!

Date: June 19, 2013

Time: 8:00am–5:00pm

Place: 995 S. Arthur Avenue
(Pocatello Community Charter School)

Registration Required

208-232-1114

THANK YOU TO OUR SPONSORS:



Community Calendar

1 — **Happy May Day!**

2 — **Pocatello Kincare/Relatives as Parents Support Group.** 5:30 pm, 403 North Hayes. Dinner is provided.

3 — **First Friday Art Walk** —Pocatello Old Town. 5 pm.

4 — **Idaho Outdoor Recreation Swap Meet**

The City of American Falls is hosting their 1st annual Idaho Outdoor Recreation Swap Meet at Willow Bay Marina Park on Saturday from 9:00am to 5:00pm. Individuals and businesses interested in buying, selling, trading new and used outdoor recreation items (i.e. boats, bikes, ATVs, RVs, snow mobiles, fishing/camping/hunting gear, trolling/outboard motors, trailers, etc.) should attend. Numerous spots are available from \$10 -\$40 depending on size. There will be fabulous food and beverages, outdoor education booths, and contests for the entire family. The event will take place rain or shine! All proceeds to benefit the American Falls Downtown Beautification Project. Your participation and support will help the community achieve a scenic downtown for all to enjoy.



— **Portneuf Valley Farmers Market Opening Day!** -

Saturday, May 4th, Old Town Pavilion Pocatello from 9 am to 1 pm. If you are interested in becoming a vendor, please contact the market manager at 208-705-7333.



5 — **Happy Cinco de Mayo!**

11 — **Idaho State University Commencement!**



12 — **Happy Mother's Day!! Mother's Day at the Pocatello Zoo.** Mothers receive 50% off admission when accompanied by a paid child.

17 — **Bike to Work Month Bike Parade.** 6 pm, Old Town Pavilion, Pocatello. Bring the kids and your bikes and ride in the annual bike to work parade hosted by Bannock Planning and Transportation Organization. There will be t-shirts, hot dogs, chips, and more fun. Be sure to decorate your bikes and wear your helmets!



22 — **Revive @ 5 Wednesday Concerts Opening Night!** Join the Bannock Civitans as they host Revive@5! 5pm—8pm at the Pocatello Old Town Pavilion. Enjoy a live band, great food, cold beverages, and great company!



25 — **Ross Park Aquatic Complex, Lava Hot Springs Olympic Pool & Water Park, and Downata Hot Springs** open for the season!



27 — **Memorial Day.**

31 — **My Family, My Story Contest Deadline!**

May 2013

| Su | Mo | Tu | We | Th | Fri | Sat |
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| 26 | 27 | 28 | 29 | 30 | 31 | |

HELP US REACH 300 LIKES!



Idaho Relatives as Parents

Don't forget to submit My Family, My Story entries this month!!



Your child's art or writing will be published in the MFMS booklet and there are **\$100** prizes for each age category!



Email bonmanp@dhw.idaho.gov or visit <http://211.idaho.gov/kincare/myfamilymystory.html> for an entry form!



Foster Care Month

National Barbecue Month

National Bike Month

National Blood Pressure Month

National Hamburger Month

National Photograph Month

National Mental Health Month

National Salad Month

Older Americans Month



FamilyWize Discount Prescription Drug Card

FREE! TAKE ONE!

SAVE UP TO 30% OR MORE!

¡LLEVE GRATIS!

Ahorros Inmediatos Para Medicamentos

United Way of Southeastern Idaho 



TARJETA DE DESCUENTO PARA TODOS - PARA USO INMEDIATO

D 5 8

- Para todas recetas médicas no pagado por un plan médico
- Use cuantas veces quiera
- Puede hacer copias para amigos y colegas

THE POWER OF PARTNERSHIP!

FamilyWize cards are distributed free of charge, nationwide, by the FamilyWize Community Service Partnership with participating United Ways, America's Promise Alliance Partners, counties, cities, municipalities, community and faith based organizations, doctors, businesses, pharmacies, and volunteers like you.

ALSO, FOR STATE CHILDREN'S HEALTH COVERAGE INFO, CALL 877-KIDS-NOW

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FOR EVERYONE · FOR IMMEDIATE USE

- Accepted Nationwide by Most Pharmacies
- For All Prescription Drugs Not Covered by Insurance
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| BIN 610194 | Group ID 39800 |
| PCN FW | Cardholder ID 091510 |
| Pharmacies: | 877-HELP-977 |
| Cardholders: | 866-810-3784 |
| Expiration: | December 31, 2020 |

www.FamilyWize.org

THIS IS NOT INSURANCE – DISCOUNTS ONLY

OTHER IMPORTANT INFORMATION

- You always receive the discounted price or pharmacy's retail price, whichever is lower. Cannot be used with other prescription cards.
- Cardholder is responsible for entire payment of prescription drugs purchased after applied discounts, plus any dispensing fee.
- Go to www.FamilyWize.org for a list of pharmacies, additional cards, drug prices, and other program information.
- Some restrictions apply. Void where prohibited by law. See website for terms of use, including dispute resolution policy. Benefits subject to change without notice. Provided by Envision Rx Options.

OTRA INFORMACION IMPORTANTE

- Para toda la familia. Se acepta en todo el país por las principales farmacias. Pague el menor precio, ya sea el descuento del plan, o el precio usual de la farmacia. No puede usarse con otras tarjetas para medicamentos en la misma compra.
- Usted es responsable del pago completo de los medicamentos comprados después de aplicar el descuento, además del gasto de dispensación.
- Visite www.FamilyWize.org y obtenga la lista de farmacias participantes, más tarjetas, precios de medicamentos e información del programa.
- Se aplican algunas restricciones, anular donde está prohibida por la ley. Consulte la página web para ver las condiciones de uso, incluida la política de resolución de controversias. Beneficios sujetos a cambio sin aviso previo. Proporcionado por Envision Rx Options.

Kincare Connection Newsletter

Area Agency on Aging

214 E. Center

Pocatello, ID 83201